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## ABSTRACT OF THE DISCLOSURE

A modular proprioceptive orthopedic sole for re-establishing and/or preserving the correct dynamics of running or walking. The sole is made of an elastic material, and includes elements (1) on the upper surface thereof for activating the articular receptors disposed between the astragalus and the calcaneum as soon as a step is habitually initiated by the heel, and elements (3,4,5) guiding the foot when it becomes engaged on the physiological axis of walking; and on the lower surface thereof at least one removable correction element (11,23,13,14) which can result in an abduction or adduction when a deficient or too large step occurs and/or which can correct a varus, valgus, supination and/or pronation.